

# What is your Water Footprint?

**Definition:** The **water footprint** of a person, company or nation is defined as the total volume of fresh-water that is used to produce the commodities, goods and services consumed by the person, country or nation.

Your **water footprint** is the total amount of water you use, not only the water used in your home, but also the water used to produce the food you eat and the products you buy and use. It includes other factors such as water utilized to cool power plants that provide your electricity, and water saved when you recycle. You may not drink, feel or see this "virtual" water, but it makes up the great majority of your water footprint.

The average person use approximately 100 gallons of water per day. Now, include the virtual water and that number jumps to over 1,700 gallons used each day!

Look at the virtual water use examples in the next column and think about your daily use...

1 cotton t-shirt = 713 gallons

1 glass of milk = 53 gallons

1 apple = 18 gallons

1 cup of coffee = 37 gallons

16 oz. bottle of soda = 33 gallons

1 pound of chicken = 287 gallons

1 pair of leather shoes = 2,113 gallons

1 egg = 18 gallons

1 microchip = 8 gallons

1 orange = 13 gallons

1 potato = 7 gallons

1 sheet of paper = 2.6 gallons

1 cup of tea = 9 gallons

1 slice of bread = 10 gallons

16 oz. glass of water = .125 gallons

1 hamburger = 634 gallons

Salad = 31 gallons



To measure your water footprint, visit:  
[www.h2oconserve.org](http://www.h2oconserve.org)  
and check out H2O Calculator

